

Mindful or Unmindful?

Colour in the mindful actions first,
then colour the unmindful ones in a different colour

Leaving your
coat on the floor
when you come
in from outside

Keeping your
voice quiet when
other people
are reading

Helping someone
that is hurt
or scared

Crossing the
street without
looking

Letting someone
finish talking
before answering

Practicing a new
skill like sports
or music until you
feel your body
improving

